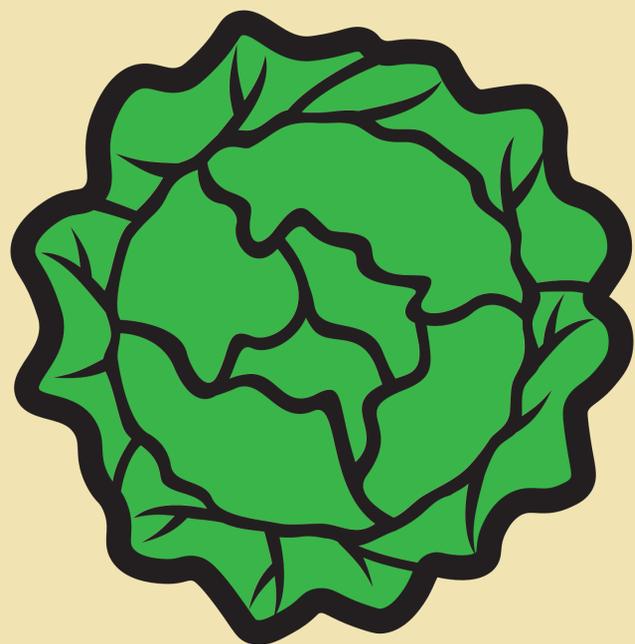


NOVEMBER HARVEST OF THE MONTH



CABBAGE



SCAN THE
QR CODE
FOR MORE
HARVEST
OF THE
MONTH
RESOURCES!



TRY CABBAGE AT HOME! HEALTH & NUTRITION

Cabbage is a good source of: Vitamin K, Vitamin C, Fiber, Electrolytes and minerals.

Which cabbage you choose makes a difference in its health benefits. Lightly steamed cabbage has cholesterol-lowering and high fiber benefits. Red cabbage has high levels of vitamins. Savoy cabbage has shown unique cancer preventive properties. Raw cabbage is low in saturated fat. The take away – enjoy a variety of cabbage types several times a week.

? DID YOU KNOW

The heaviest cabbage ever recorded was 138.25 lbs and was grown in 2012 in Palmer, Alaska.